

COON RAPIDS SENIOR SERVICES

Voice of Experience May/June 2021

MEMORIAL DAY DINNER THURSDAY, MAY 27

In honor of Memorial Day, we are serving a curbside chicken dinner from Cub Foods. The menu includes grilled chicken breast, mashed potatoes and gravy, corn, roll, and dessert.

First, make a reservation. Then come to the senior center on Thursday, May 27 between 11:00 a.m.-noon and pick up your meal, curbside. Please enter the parking lot on 111th Avenue and watch for volunteers to guide you. The cost is \$8.00 per person. If you are a veteran, the cost is \$5.00 per person. Please mail your payment to the Senior Center at 11155 Robinson Drive. Coon Rapids. MN 55433, by Thursday, May 20. Call 763-767-6473 for a reservation. Kick off your weekend with this delicious picnic!



"ALL-IDAY" PARTY

DRIVE-IN CONCERT WITH THE RESISTORS

WEDNESDAY, JUNE 2 AT 11:00 A.M.—Noon

✓ We've missed an entire year of holidays at the Senior Center, so we have some catching up to do! Join us for an All-iday Party, and celebrate an entire calendar worth of holidays in one concert! Good music and lots of laughs! Takes place at the Coon Rapids Soccer Complex (next to Public Works at 1705 111th Ave NW). We'll direct you to park your cars "checkerboard style". Sit in your car or bring a lawn chair and sit in an empty parking space (social distancing, of course). Then enjoy the live music of one of our favorite bands, The Resistors! Call 763-767-6473 for a reservation. Registration begins immediately and space is limited. Cost is \$5.00 per

person, and needs to be paid one week in advance. Includes small snack. Rain date is Thursday, June 3.

MARK YOUR CALENDARS!

The Senior Center will be closed Monday, May 31 for Memorial Day.

> **OUR** GAME IS BACK!

SEE PAGE 11 FOR ALL THE DETAILS!



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IN-PERSON EVENTS

CRAFTS / CROCHET / KNIT—VETS'—BUNCO—WOODCARVERS

We're taking little steps to open our building back up. Starting May 3, we will welcome back the following groups:

- Craft/Crochet/Knit Club: Tuesdays at 10:00 a.m.
- <u>Vets' Group</u>: Wednesdays at 8:00 a.m. (BYO Coffee)
- Bunco: Wednesdays at 1:00 (BYO dice/cup). Must register one week in advance
- Woodcarvers: Thursdays at 1:00 p.m.

We will continue to maintain all social distancing precautions, extra cleaning procedures and mandatory mask wearing (with or without a vaccine). Size of the group is also limited. We want to keep everyone safe and keep healthy! Watch our July/Aug newsletters for (hopefully) our next re-opening phase.

HEATHER'S HEALTH CLASSES NOW OFFERED IN-PERSON

We are now offering these classes in-person and on Zoom! Please see the articles on Pages 4 and 5 for all the details!

DEFENSIVE DRIVING REFRESHER COURSES ARE BEING OFFERED IN-PERSON.

SEE PAGE 6 FOR THE DETAILS.

PARKING LOT BINGO

2ND AND 4TH MONDAYS AT 1:00 P.M. MAY 10 THRU SEPTEMBER 27

We held this event last year and had a blast! Join us at the Coon Rapids Soccer Complex (next to Public Works/Recycling at 1705 111th Avenue NW). We'll direct you



to park your cars "checkerboard style". Then get ready for Bingo Fun. Listen to it on your radio or our speaker system. Honk your horn if you're a winner and we'll bring you a prize! Pay \$5 cash per person upon arrival (exact change appreciated). Ages 55+. You must reserve a spot in advance by calling 763-767-6473. If it rains, join us on Zoom...Meeting #872 326 3109/Passcode: SENIOR.

<u>GRANDCHILDREN/KIDS BINGO ON MONDAY, JUNE 14 AT 1:00 P.M.</u> Bring a grandchild or a (special child friend) for fun Bingo. \$5 per person. Children must be accompanied by an adult at all times. Reserve a spot. Only children win prizes!

ACTIVITIES IN A PARK

ART IN THE PARK

Join us for fun Summer Art Camps for 55+. Held five days, Monday-Friday, 9:00 a.m.—Noon at Shelter #2 at the Lion's Park. Cost \$100.00 per 5 day camp (includes supplies). Scholarship available. Cosponsored by RumRiver Art Center and the Coon Rapids Senior Center. Call RRAC at 763-323-8830 to register and pay.

Nature Watercolor: June 21-25 Nature Art Journaling: June 28-July 2 Plein (Open) Air Watercolor: August 16-20





POKER WALK WEDNESDAYS, MAY 19 AND JUNE 16 AT 10:00 A.M.

Walk five laps at your own pace (less than one mile total). After each lap, collect a card from the deck. We will track your cards and see who has the best poker hand at the end. We'll have some prizes and lots of fun! Cost is \$2, payable upon arrival. This will be held out-

doors behind the Senior Center. Park near the back of the building and meet at the gazebo. Spots are limited. Call 763-767-6473 to sign up. Rain date will be the next day.

CR ROAMERS WALKING CLUB FRIDAYS AT 9:00 A.M.

Exercise, meet new friends and enjoy nature, all at one time! Beginning on Friday, May 14, The Coon Rapids Roamers will meet and walk approximately 2-3 miles every Friday starting at 9:00 a.m., with Volunteer Beverly. We'll meet at a different park each week of the month. For our first walk on Friday, May 14, we'll meet at the Senior Center entrance and from there walk on Erlandson Trail, behind City Hall. At that time, we'll hand out detailed maps of future walks (or call the Senior Center and we'll mail you one). No need to register, just show up. We'll walk single file and maintain social distancing. We will cancel if there is bad weather. We'll have a small door prize every week, too!



DOG WALKING CLUB WEDNESDAYS, MAY 26 & JUNE 23 at 10:00 A.M.

Join us at the Lions Park for a new summer group. Park in the lot by Hanson Blvd., (closest to Northdale Blvd), bring your leashed dog, and a senior staff person will lead this pawsitively fun group. This is your chance to show off your pooch, meet other dog lovers, and enjoy the beautiful park trails. We will cancel if there is bad weather.

ZOOM CLASSES



The following classes can be viewed on Zoom on your computer, smart phone or other device. Free classes do not need advance registration. If a class has a fee, then you need to register and pay in advance by calling 763-767-6473. You can also call the office if you want to sign up for a once-a-week email for reminders and one-click links to free Zoom meetings. Call 763-767-6473 for more information.

ZOOM: ART HISTORY: EDGAR DEGAS

MONDAY, MAY 3 AT 10:30 A.M.

Learn about this French Impressionist artist famous for his pastel drawings, oil paintings and bronze sculptures. More than half of his works depict dancers. Class presented by Angie Renee of RumRiver Art Center. No fee. No registration needed. **Zoom Meeting: 872** 326 3109 Passcode: SENIOR

ZOOM HEALTH CLASS WITH HEATHER: ARTHRITIS

THURSDAY, MAY 13 AT 10:00 A.M.

We will look at holistic options for arthritis, including following a healthy diet and staying active. Class is available in-person at the Senior Center and via Zoom. Class is \$5.00 per person (cash or check to the Senior Center) and is due one week in advance. Zoom participants will then be emailed an invitation to the meeting two days before the class. Sign up by calling 763-767-6473.

ZOOM: BRITISH CLASS: PRIME MINISTERS OF THE UK

PART 1: MONDAY, MAY 17 AT 10:00 A.M. & PART 2: MONDAY, MAY 24 AT 10:00 A.M.

The Prime Minister is the most powerful position in the government of the United Kingdom. Some good, some bad, the Prime Ministers are interesting people to know more about, personally and politically. Presenter: Terry Kubista. This class is a two part class (90 minutes each) and is \$5 per person, per class payable one week in advance. Meeting number and passcode will be emailed to you prior to the class.

ZOOM: DOUG OHMAN PRESENTS: HIDDEN IN PLAIN VIEW-CEMETERIES OF MINNESOTA

TUESDAY, MAY 25 AT 1:00 P.M.

Doug will share photographs of cemeteries and uncover stories of the forgotten. Learn where the only Revolutionary War soldier is buried in Minnesota. Learn the difference between a cemetery and a graveyard and much more. \$5 per person payable one week in advance. Meeting number and passcode will be emailed to you prior to the class.



ZOOM: RUSSIAN ART: LEADERS AND MASSES

WEDNESDAY, MAY 26 AT 1:00 P.M.

Missed the Museum of Russian Art's large exhibit of Ukrainian paintings because of the pandemic? Catch it in this digital tour of its main pictures and themes. The art was donated to TMORA by a Ukrainian collector who wanted to re-create a typical Soviet exhibit that occurred everywhere in celebration of special days. Taken together, the exhibit puts us back into the post-Stalin world where art connects with people's celebrative lives. \$5 per person payable one week in advance. This is taught by Carol Veldman-Rudie.

ZOOM: ART HISTORY: FRIDA KAHLO

MONDAY, JUNE 14 AT 10:30 A.M. This painter is known for her many portraits, self-portraits and works inspired by the nature and artifacts of Mexico. Class presented by Angie Renee of RumRiver Art Center. No fee. Zoom Meeting: 872 326 3109 Passcode: SENIOR

ZOOM: DOUG OHMAN PRESENTS: VANISHING LANDMARKS

TUESDAY, JUNE 15 AT 1:00 P.M.

Explore the back roads and small towns and hear the stories and history of Minnesota through historic buildings that are quickly disappearing. Doug will share his experiences visiting many of these sites from Minnesota's oldest Courthouse to the last Civil War recruiting station. \$5 payable one week in advance. Meeting number and passcode will be emailed to you prior to the class.

ZOOM: RUSSIAN ART: ANOTHER FACE: MASKS IN RUSSIAN CULTURE WEDNESDAY, JUNE 16 AT 1:00 P.M.

When people cover their faces, they alter their identity and social roles. How this exchange of identity happens within the Russian context illustrates both an openness to this change and a desire to preserve one's own identity. Exploring the way masks and masking have been used in society, gives a deeper understanding of Russian visual culture as well. \$5 per person payable one week in advance. This is taught by Carol Veldman-Rudie.

ZOOM: HEALTH CLASS WITH HEATHER: GLUTEN-FREE BAKING BASICS THURSDAY. JUNE 17 AT 10:00 A.M.

New to "Gluten-Free"? In this class we go through the basics of Gluten-Free Living and what kinds of flours work best. Class is available in-person at the Senior Center and via Zoom. Class is \$5.00 per person (cash or check to the Senior Center) and is due one week in advance. Zoom participants will then be emailed an invitation to the meeting two days before the class. Sign up by calling 763-767-6473.





ZOOM TRIVIA TUESDAYS

TUESDAYS, MAY 4, 18, JUNE 1, & 15 AT 11:00 A.M. (1st & 3rd Tuesdays)

Test your knowledge with Trivia Tuesdays. We'll even have a prize for the winners! **Zoom Meeting:** 872 326 3109 Passcode: SENIOR



ZOOM: YOGA

FRIDAYS AT 11:00 A.M.

Relax. Renew. Rejuvenate. Join Gita Kar on Zoom and treat your mind, body and soul to some Yoga. Learn techniques to help you relax, breathe and meditate. Free. No need to RSVP. Just log on to Zoom on Friday mornings. **Zoom Meeting 913 7719 3797 Passcode**: **SENIOR**

ZOOM: MASTERPIECE BOOK CLUB

2ND TUESDAYS AT 1:30

Interested in joining? Call Judy at 763-785-0983 for more info and meeting passcode info.

May Book: 'Arrowsmith' by Sinclair Lewis

June Book: 'A Tree Grows in Brooklyn' by Betty Smith

IN-PERSON DEFENSIVE DRIVING CLASSES

Consumers 55+ years of age can receive a 10% automobile insurance discount for 3 years by attending a MN Safety Council Defensive Driving Course. Anyone taking the course for the first time must take an 8-hour on-line session. Others take a shorter, 4-hour refresher course every three years. Call (763) 767-6473 to register or register online at www.coonrapidsmn.gov. Payment is due upon arrival. Checks can be made out to Coon Rapids Senior Services. Right now we have openings on the following dates:

4-HOUR REFRESHER COURSE-\$22:

Monday, June 14: 8:30 a.m.—12:30 p.m. Monday, June 21: 8:30 a.m.—12:30 p.m. Monday, July 12: 8:30 a.m.—12:30 p.m.* Monday, July 26: 4:30 p.m.—8:30 p.m.* Monday, August 16: 8:30 a.m.—12:30 p.m.*

* Starting in July, classes will be \$24.00. WE NO LONGER OFFER IN-PERSON 8-HOUR COURSES



ON-LINE CLASSES! Sign up at www.minnesotasafetycouncil.org or call (651) 291-9150.

PLEASE READ THIS COVID ANNOUNCEMENT: Please note that, due to Covid, these classes are subject to cancellation, even at the last minute. Also, refreshments cannot be served. Bring your own beverage/snack. Spacing of participants will be implemented and masks are required.

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MONDAY	>	TUESDAY		WEDNESDAY	Α	THURSDAY	>	FRIDAY	Ą
3 Art History Red Gross	10:30	4 AA Meeting Craft, Crochet, Knit Trivia	9:30 10:00 11:00	5 Vets Coffee Bunco Spanish	8:00 1:00 2:30	6 Woodcarvers Spanish	1:00	/ Footcare Yoga	8:00
10 Defensive Driving Parking Lot Bingo	8:30 1:00	11 AA Meeting Craft, Crochet, Knit Masterpiece Book Club	9:30 10:00 1:30	12 Vets Coffee Bunco	8:00 1:00	13 Health Class Woodcarvers	10:00	14 Footcare Walking Club Yoga	8:00 9:00 11:00
17 Defensive Driving British Class	8:30 10:00	18 AA Meeting Craft, Crochet, Knit Trivia	9:30 10:00 11:00	19 Vets Coffee Poker Walk Bunco Spanish	8:00 10:00 1:00 2:30	20 Woodcarvers Spanish	1:00	otcare alking Club ga	8:00 9:00 11:00
24 British Class Parking Lot Bingo	1:00	25 AA Meeting Craft, Crochet, Knit Doug Ohman	9:30 10:00 1:00	Vets Coffee Vets Coffee Dog Walk Bunco Russian Art	8:00 10:00 1:00	27 Memorial Day Dinner Woodcarvers	11:00	²⁸ Footcare Walking Club Yoga	8:00 9:00 11:00
31 MEMORIAL DAY HOLIDAY									
JUNE		1 AA Meeting Craft, Crochet, Knit Trivia	9:30 10:00 11:00	2 Vets Coffee All-iday Party Bunco Spanish	8:00 11:00 1:00 2:30	3 Woodcarvers Spanish	1:00	4 Footcare Walking Club Yoga	8:00 9:00 11:00
7 Red Cross	2:00	8 AA Meeting Craft, Crochet, Knit Masterpiece Book Club	9:30 10:00 1:30	9 Vets Coffee Bunco	8:00 1:00	10 Woodcarvers	1:00	11 Footcare Walking Club Yoga	8:00 9:00 11:00
14 Defensive Driving Art History Parking Lot Bingo With grandkids	8:30 10:30 1:00	15 AA Meeting Craft, Crochet, Knit Trivia Doug Ohman	9:30 10:00 11:00 1:00	16 Vets Coffee Poker Walk Bunco Russian Art	8:00 10:00 1:00	17 Health Class Woodcarvers	10:00	18 Footcare Walking Club Yoga 1:	8:00 9:00 11:00
21 Defensive Driving	8:30	22 AA Meeting Craft, Crochet, Knit	9:30	23 Vets Coffee Dog Walk Bunco	8:00 10:00 1:00	24 Woodcarvers	1:00	25 Footcare Walking Club Yoga 1:	8:00 9:00 11:00
28 Parking Lot Bingo	1:00	29 AA Meeting Craft, Crochet, Knit	9:30	30 Vets Coffee Bunco	8:00 1:00	HAPPY FATHER'S DAY			

Sorry, all other activities are canceled at this time.

ASSISTANCE WITH PROPERTY TAX & RENT REFUNDS

The Anoka County RSVP program will offer limited appointments by phone, beginning July 7, to help seniors and
people with disabilities apply for their homeowners/

- renters MN tax refund. Beginning July 7, please call 763-
- 324-1480 for an appointment or visit https://
 - www.anokacounty.us/725/Retired-Senior-Volunteer-
 - Program



PUZZLES & BOOKS!

Our library has books and puzzles. Are you interested in

stopping by and stocking up? Call us at 763-767-6473 to set up an appointment.



MEDICATION DISPOSAL

SATURDAY, APRIL 24: 10:00 A.M.—2:00 P.M. Turn in your unused or expired medication for safe disposal. Just drive by the front of Coon Rapids City Hall on April 24, and a police officer will walk up to your car and accept your items.

Also, the Coon Rapids Police Department offers this service year-around, from 8:00 a.m. to 4:30 p.m., Monday—Friday, inside the building, in their lobby.

FOOT CARE

Our footcare provider is Laura; the owner of Holistic Foot and Nail Care. She will evaluate nails and feet for problems such as ingrown nails, calluses, corns, fungus, the integrity of the skin and neuropathy, followed by a soothing foot and lower leg massage. Laura will offer treatment plans as needed for problems. She will be here on Fridays for 30-minute appoint-



ments, The cost is \$35, payable at the appointment. Bring a towel and wear a mask. Please call the Senior Center at 763-767-6473 to make an appointment. If you have to cancel, please let us know as soon as possible.

HEALTH INSURANCE COUNSELING PHONE APPOINTMENTS NOW AVAILABLE!



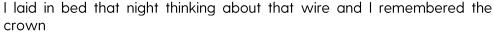
The State of Minnesota has halted all in-person Health Insurance Counseling. However, they now offer Health Insurance Counseling Phone Appointments. This program can assist with health insurance and Medicare counseling. Sponsored by the Metro Area Agency on Aging and the Senior LinkAge Line. Call 1-800-333-2433 Or go to their website at www.metroaging.org/HIC

SUPER SENIOR CLUB NEWS FROM THE PRESIDENT

Spring is here and we are happy for that! I have pansies blooming in the rocks around the planter they grew in last year. I hope you have had your Covid vaccine shots and that you feel safer, as we venture out more, still wearing masks and being careful.

I am happy to hear from several of you that you enjoy reading my letter in each newsletter. I have an unbelievable story to share with you this time. My daughter, Rochelle, was in Hawaii for six weeks and sent me a box of chocolates with caramel and macadamia nuts for Valentine's Day. I got the mail that day and the candy was frozen. I took out two pieces to thaw and called Rochelle to thank her. We talked a long time and the candy thawed. I

ate one and told her it was "delicious". We hung up and I put the second piece in my mouth. As I was chewing it I could tell there was something in the candy that should not be there. It turned out to be a piece of wire about 1/3 inch long. I was furious and called the number in Hawaii on the box of candy. They were closed and luckily I did not leave an angry message.



had come off a tooth way in the back a few years ago. We decided to cut the wire that stuck out from the root canal and leave it. The caramel in the candy had pulled out the wire from the root canal. I called the candy company to tell them this weird story. I just saw the dentist and we have to remove the root of that tooth canal now. The wire left a space that goes right to my sinus and if I would develop an infection near that tooth it would be bad news. I guess all's well that ends well, right!

I hope that we will be together at the senior center this summer. Some groups are starting back in May and we hope for more later in the summer! We are missing many "senior moments" with each other and we want to catch up on news. In the meantime, enjoy all the beauty of Spring!

Bernice Olson, President



GIFT SHOP OPEN BY APPOINTMENT!

Want something new to spruce up the house? Need to stock up on your greeting cards? Call the Senior Center at 763-767-6473 and set up an appointment to visit the gift shop. All proceeds benefit local charities, so it is a win-win!



BLOOD DRIVE

MONDAYS, MAY 3 & JUNE 7

Call 1-800-RED-CROSS (1-800-733-2767) for an appointment. Appointments start at 2:00 p.m. Held at the Coon Rapids Senior Center.

RESOURCES

<u>CHORES & MORE</u>: Do you need help with spring clean-up or other household chores? Call 763-783-4767.

<u>COLLECTION SITE:</u> Remember, the Senior Center still collects used eye glasses (for the Lions Club), pop can tabs and Box Tops for Education. Sorry, we no longer accept soup labels.

<u>HELP AT YOUR DOOR:</u> is a nonprofit serving seniors in the seven county metro area. They can provide grocery assistance, home support and transportation services. Call 651-642-1892.



<u>LIFELINE</u>: A personal response service which enables elderly persons to call for help in an emergency. All equipment is rented on a monthly basis. Call 1-800-372-4103.

MEALS ON WHEELS IN COON RAPIDS: Call 763-236-8718.

<u>OUTREACH SERVICE</u>: Patty Marz, with the Anoka County Community Action Program (ACCAP), has office hours at the Coon Rapids Senior Center on the 2nd Tuesday of each month. She can connect seniors with resources in the community such as assistance with food support, housing, health care programs, energy assistance and more. Contact Patty at 763-783-4741 to make an appointment.

<u>SENIOR KINSHIP PROGRAM</u>: This program offers weekly one-on-one services, providing assistance and friendship to isolated or homebound seniors. For more information call 763-783-4745.

<u>SENIOR LINKAGE LINE AT 1-800-333-2433</u>: Call this number to learn about free, accurate and unbiased information about Housing Resources, Health Insurance, Financial Assistance, Caregiver Support, Transportation, Grocery Shopping and more!



IN OUR THOUGHTS...

We extend our thoughts and prayers to the friends and family of those who passed away recently, including Paul Beier, Sr. Alice Druffel, Dick Mazanec, Phyllis Merkel, and Gary Siewert.

I SPY WITH MY LITTLE EYE...

There are 24 images hidden in this newsletter. Can you find them? Fill out the page numbers on this form and then drop it in the mail to Coon Rapids Senior Center, 11155 Robinson Drive, Coon Rapids, MN 55433. We need to receive it before Friday, June 4, to be entered in the drawing for a \$25.00 Cub Card! One entry per person.

YOUR PHONE:	
YOUR NAME:	
12. Four Diamonds: Page	24. Cactus: Page
11. Hourglass: Page	23. Bumble Bee: Page
10. Toes: Page	22. Sun: Page
9. Dust Pan: Page	21. Flag: Page
8. Peace Sign: Page	20. Airplane: Page
7. Music Note: Page	19. Golf Club: Page
6. Star: Page	18. Camera: Page
5. Chimney: Page	17. Sunglasses: Page
4. Egg: Page	16. White Daisy: Page
3. Fish: Page	15. Mountain: Page
2. Coffee Cup: Page	14. Smiley Face: Page
1. Baseball Bat: Page	13. Bookmark: Page

...And the Winner of the Cub \$25 Gift Card is...
...Drumroll, please....

ARTHUR O.



This name was randomly drawn from 314 entries in our March/April I SPY contest! Thanks to everyone for participating!

STAY CONNECTED! Sign up for once-a-week emails that include event reminders and one-click links to our Zoom meetings. Also, "Like" us on Facebook and stay connected with announcements, photos, event/Zoom reminders, recipes, crafts, resources and other fun ideas!



ADDRESS SERVICE REQUESTED



COON RAPIDS SENIOR SERVICES: (763) 767-6473

ACTIVITIES FOR SENIORS AGE 55+

PROGRAM SPECIALIST—KRIS NIEBLER
RECREATION SUPERVISOR—RYAN GUNDERSON

PROGRAM ASSISTANT-CINDY OLSON FACILITY RENTAL-LORI ANDERSON

Coon Rapids Senior Services is made possible through the continued support of the City of Coon Rapids.

Thursday Nites LIVE! At the Dam

FREE CONCERTS-RAIN OR SHINE-FREE PARKING-FREE ADMISSION

Concerts begin at 7:00 p.m. at Coon Rapids Dam Regional Park Performance Pavilion. Bring a lawn chair and enjoy an evening of family fun. Sponsored by Coon Rapids Arts Commission and the Anoka County Parks and Rec Depart. Questions? Call 763-767-6432.



June 10: Castaways (Variety)

June 17: Legendary Percolators Band (60's Rock)

June 24: Rockie Lynne (Country)

July 8: Chmielewski Funtime Band (Polka)

July 15: Eric Christenson & His Support Group (Blues)

July 22: The Authorities (Classic Rock)

July 29: Ecuador Manta (Latin Fusion)

August 5: The Red Letter Band (Country)

